

Dateline DHMH

Maryland Department of Health and Mental Hygiene

A Message from the Secretary

We have read a lot about Governor Glendening's Smart Growth principles. And I know that most people think of Smart Growth in terms of preserving our beautiful Maryland farmlands and wilderness.

But I wonder if you have ever considered that the Smart Growth principles have a direct link to your health?

Smart Growth means having many of life's conveniences near where you work and live.

Too often we will get in the car to run that errand to the grocery store. Or to the drug store. Or to drop a child off at school. Rarely do we think about walking. Unfortunately, walking is not always an option because urban sprawl has caused many communities to be developed too far from stores and schools.

But you should be aware, especially when a development is proposed in your neighborhood or county, that you can offer your input into the community planning process. Your insights can lead to smarter growth, thereby creating a healthier environment and a healthier life for you and your loved ones.

Think about some of the health benefits you can achieve by living in an environment where you can walk instead of drive a car.

Steady exercise such as walking can help curb obesity, a condition that is often linked to increased cases of diabetes. By controlling your weight, you can help lower the number of diagnosed cases of that chronic disease. Walking can also help your circulatory system, leading to improved cardiovascular performance. And, cutting down on the numbers of vehicles enhances the air that we breathe, helping especially those individuals with respiratory ailments.

Smart Growth means more than preserving the beautiful nature of our Maryland countryside. It also means taking action to improve the environment in which we live.



I know it is extremely difficult for most of us to resume our normal lives and day-to-day activities following the horrific and tragic events that have occurred recently. I want to remind each of you that **crisis counseling services** are available by calling 1-800-422-0009.

I also know many of you have felt the urge to do something,

anything, to help with the devastation caused by the attacks on our country. The United Way, the parent organization of the **Maryland Charity Campaign**, has in place the "United Way Community Safety Net." This Safety Net enabled organizations such as the Red Cross, the Salvation Army and Catholic Charities to gear up and provide immediate services in New York, Washington and in airports.

The United Way of New York City and the Council of Community Foundations have established "The September 11th Fund" to provide for the needs of the victims and their families. Information on this fund is available on the Internet at www.uwnyc.org.

Those who support the United Way Safety Net helped make all these things possible.

These tragic events also make your support of the Maryland Charity Campaign all the more critical. It is important to remember that agencies supported by the Maryland Charity Campaign all do good work and need your support now more than ever. Even if you choose to support the September 11th Fund, it is crucial that you support the Maryland Charity Campaign


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A Message from the Secretary *Continued*

as well. Thank you for your help in this critical time of need.

I also want to thank for your patience and remind you that security measures in and around the State Office Complex have changed. Employees are expected to wear **Identification Badges** at all times. The Department of General Services Police are checking the badges at the entrances to all State buildings and the parking garage. Your cooperation in facilitating this process is greatly appreciated.

It is extremely important that we return to doing what we do best — protecting the health of the public we serve. I am truly grateful for all of your hard work.



Dr. Peter Luongo to Direct ADAA

Lt. Governor Kathleen Kennedy Townsend and Dr. Benjamin have announced the appointment of Dr. Peter F. Luongo as Director of the Alcohol and Drug Abuse Administration, effective November 1.

Dr. Luongo is an experienced manager having served as director of the Adult Addiction System for the Montgomery County Department of Health and Human Services. He has also directed publicly-funded community-based addiction treatment systems, a graduated sanctions

program for addicted offenders, and county-wide juvenile justice and substance abuse service systems. In addition, he implemented an automated information link between addiction treatment and the criminal justice system programs.

“Dr. Luongo will provide tremendous vision and energy for Maryland as we continue to make unprecedented investments in drug treatment,” said Lt. Governor Townsend. “He understands that effective drug treatment is an essential component of making our communities healthy and safe, and has a proven track record of innovation and supporting treatment that works.”

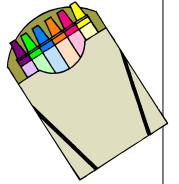
“We look forward to working with Dr. Luongo as director of this important public health program,” said Dr. Benjamin. “His expertise, foresight and drive will complement the State’s mission to improve the health of all Marylanders.”

Dr. Luongo co-chaired the Effectiveness Committee of the Maryland Drug Treatment Task Force chaired by Lt. Governor Townsend. He is on the faculty at the Johns Hopkins University School of Professional Studies in Business and Education and was awarded the Johns Hopkins Excellence in Teaching Award in 1996. He holds a doctorate in social work from the University of Maryland Baltimore School of Social Work, and has written and published professionally in the area of adolescence, substance abuse, mental health, and correctional-based addiction treatment services.

Dr. Luongo replaces Tom Davis,

who has been appointed Director of Lt. Governor Townsend’s newly-formed Maryland Drug and Alcohol Council.

Wake Up Call for Back-to-School



Nutrition, learning and disease prevention go together like school and bookbags. Kids get a nutritional boost from healthy school breakfast and lunch program meals. Eating breakfast in particular, improves school performance while decreasing absenteeism and disruptive behavior. Physical activity and healthy eating are the cornerstones for lifetime prevention of heart disease, diabetes and obesity.

School food service is fighting strong competition from sodas, candy and high fat, high sodium snack foods in vending machines and concession stands on school property, often right outside of the cafeteria. And, school food service programs are not permitted to regulate food that is not sold in the school cafeteria.

At the same time, physical education programs are being curtailed as cash-strapped schools try to make ends meet.

Now that your child is back in school, make sure he/she has a healthy school environment by asking about your school’s physical education, food service and vending policies. For guidance on school physical activity and healthy eating policies and programs, go to the School Health Index page at the Centers for Disease Control and Prevention Web site at www.cdc.gov/nccdphp/dnpa or fax a request for the Index to 888-282-7681.

E-learning Initiative

Continuing its efforts to better meet the needs of DHMH employees, the Training Services Division (TSD) is embarking on a new learning methodology: **e-learning**.

E-learning refers to content that is delivered electronically, in part or wholly via a Web browser, through the Internet or Intranet, or through multimedia platforms such as CD-ROM or DVD. Some of the advantages of this methodology include: increased availability for the user, flexibility of delivery, just-in-time learning, cost savings, and expanded use of resources.

TSD intends to integrate this approach with the more traditional instructor-led methods. To assist in its efforts, TSD formulated an E-learning Advisory Board composed of volunteers from representative administrations in the Department. The Board is assisting in identifying content areas where e-learning may best be implemented, and in promoting the methodology throughout the Department.

TSD is targeting three areas in this new initiative:

- In-house developed content
- Vendor developed content
- Technical assistance services

Currently, eight e-learning courses are in various stages of in-house development: Infectious Control In-service, Fire Safety In-service, Lifting Techniques In-service, Small Procurement Purchasing, Domestic Violence, Driver Improvement Program, HIPPA, and PEP: Supervisor's Update.

In addition, TSD is reviewing appropriate content that has been commercially developed. Content areas under review include: communication, management/supervisory, and team-building skills. A pilot project is currently underway to determine the best content and ways to integrate this methodology into TSD's overall training initiatives.

Finally, TSD offers its expertise to those administrations interested in implementing specialized e-learning solutions for their employees. Reviewing appropriate technologies, finding qualified vendors, and developing customized solutions are some of the services that are available to you. Those administrations wishing to pursue this methodology should contact David Mark, DHMH E-learning Coordinator, at 410-767-5762.

Are You Worried About Speaking in Public?

Toastmasters International is a non-profit organization dedicated for more than 50 years to improving people's speaking, thinking, listening, and leadership skills. There are clubs throughout the Maryland area that meet at various dates and times. State Center Toastmasters meets the first and third Thursdays of each month in the O'Connor Building's First Floor Conference Room (near the elevators) from 12:00 Noon to 1:00 p.m. Guests are welcome. For information on other clubs, log on to www.toastmasters.org.

Performance Excellence Council Takes Action

The DHMH Performance Excellence Council has selected 12 action items for improving performance excellence in the Department to be completed before the end of the year. The action items stem from the Council's work as the Department's governing body for achieving and maintaining performance excellence.

The action items are a result of a process begun earlier in the year, when the Council assessed the Department in seven areas: leadership, strategic planning, customer satisfaction, information and analysis, human resources, process management, and results. The Council decided that three areas to focus on initially were leadership, customer satisfaction and human resources.

Workgroups were formed to develop goals, objectives, strategies, and action items in each area.

The action items by category are as follows:

Leadership

- Define leadership at DHMH;
- Define the qualities a leader should have; and
- Develop/establish core competencies that work for all of DHMH.

Customer Satisfaction

- Appoint a Customer Satisfaction Workgroup representing every administration;
- Identify DHMH internal and external customers; and
- Develop methodology to collect baseline data.

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Performance Excellence Council

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Human Resources

- Develop a strategy to follow the Performance Planning and Evaluation Program (PEPs) process;
- Promote, increase and improve reward and recognition;
- Define “organizational support”;
- Develop a survey of organizational support; and
- Gather information on and evaluate the Employee Assistance Program.

All of the action items are being addressed and are on target to be completed on schedule.

In addition, the Council’s Reward and Recognition Committee continues to develop the Department’s reward and recognition program for next year. To facilitate that process, a part-time position for a Reward & Recognition Coordinator has been created and recruitment for that job is underway.

PUSH Team Visits Potomac Center

On August 9, for the twelfth consecutive year, the Potomac Center played host to the PUSH America/Journey of Hope Team.

The Journey of Hope is a project of PUSH America (People Understanding the Severely Handicapped), the national outreach project of Pi Kappa Phi Fraternity. PUSH America provides service and education to promote a greater understanding of people with disabilities.



*Dr. Benjamin and Lt. Governor Kathleen Kennedy Townsend kicked off the **2001 Maryland Charity Campaign** in the O’Conor Building lobby on September 5. Dr. Benjamin is the Assistant Campaign Chairperson for this year’s drive, which has set a goal to raise \$4 million.*

Two teams of 35 cyclists travelled across the United States from San Francisco, California to Washington, D.C. Funds for the organization are made available through the efforts of their undergraduate fraternity members, Pi Kappa Phi alumni, corporate and foundation grants, in the name of people with disabilities. Currently, more than two-thirds of these funds are raised by the efforts of the undergraduate members. Funds raised through the project benefit various PUSH America projects and grants.

The Northern Route team of cyclists arrived at Potomac Center in the late afternoon where they were provided with cold drinks and the use of the Center’s shower facilities.

The Volunteer Association for Potomac Center hosted a picnic that evening for the team and the people who reside at the Center. Team members spent this time interacting with the people who live at the Center and the support staff, and, as in previous years, spent the night in the gym.

Potomac Center, part of the DHMH Developmental Disabilities Administration, serves 76 individuals with physical and/or mental disabilities. The primary goal of the Center is to improve the quality of life for each person and for each person to attain his/her personal goals and desires. It is accredited by The Council on Quality and Leadership in Supports for People with Disabilities.

Upcoming events

Tuesday, October 2 — *Workshop: **Healing into Death: The Role of Mindfulness in Palliative Care***, University of Maryland School of Social Work; 8:30 a.m. - 4:15 p.m. \$115, approved for six Category I continuing education credits. Phone 410-706-1839 for more information.

Tuesday, October 2 — *Lecture: **The Sexually Transmitted Disease Epidemic: A Threat to the Nation's Public Health***. Masur Auditorium, Clinical Center, Building 10, National Institutes of Health, Bethesda; 7:00 - 8:00 p.m. Lectures are free to the public. Sponsored by the NIH Clinical Center. Phone 301-496-2563 for more information.

Thursday, October 4 — *Conference: **Improving Acute Hospital Care for People with Dementia***, 8:00 a.m. - Noon, University of Maryland Medical Center Shock Trauma Auditorium. Phone 410-561-9099 or 410-706-4327 for more information.

Thursday, October 4 — *Workshop: **A Strategic Approach to Hiring and Retaining the Best: A Model for the Human Services***, University of Maryland School of Social Work; 8:30 a.m. - 1:00 p.m. \$70, approved for four Category I continuing education credits. Phone 410-706-1839 for more information.

Saturday, October 6 — **Carroll County Alzheimer's Association Memory Walk**. Call 410-561-9099 for more information.

Tuesday, October 9 — *Lecture: **New Strategies for the Detection and Treatment of Colon Cancer***. Masur Auditorium, Clinical Center, Building 10, National Institutes of Health, Bethesda; 7:00 - 8:00 p.m. Lectures are free to the public. Sponsored by the NIH Clinical Center. Phone 301-496-2563 for more information.

Thursday, October 11 — **Fourth Annual Fall Fest and Talent-Gong Show**, 10:00 a.m. - 3:00 p.m., O'Connor Building Lobby. Free health screenings, including anxiety and depression screenings, will be available in recognition of National Depression Screening Day. Co-sponsored by the Mental Hygiene Administration. Contact Jean Smith at 410-402-7517 for more information.

Sunday, October 14 — **Baltimore City and County Alzheimer's Association Memory Walk**. Call 410-561-9099 for more information.

Tuesday, October 16 — *Lecture: **Breast Cancer: Progress and Promise***. Masur Auditorium, Clinical Center, Building 10, National Institutes of Health, Bethesda; 7:00 - 8:00 p.m. Lectures are free to the public. Sponsored by the NIH Clinical Center. Phone 301-496-2563 for more information.

Thursday, October 18 — *Workshop: **Strategic Administration***, University of Maryland School of Social Work; 8:30 a.m. - 4:15 p.m. \$125, approved for six Category I continuing education credits. Phone 410-706-1839 for more information.

Tuesday, October 23 — *Workshop: **Addictions Self-Help Programs: Complements to Clinical Practice With Clients***, University of Maryland School of Social Work; 8:30 a.m. - 4:15 p.m. \$125, approved for six Category I continuing education credits. Phone 410-706-1839 for more information.

Tuesday and Wednesday, October 23 - 24 — **Blood Drive**, 9:30 a.m. - 2:15 p.m. O'Connor Building lobby. Contact Jeannine Timmons at 410-767-6403 to sign up or for more information. Incentives are awarded for participation in this drive.

Tuesday, October 23 — *Lecture: **Type I Diabetes: A Quest for Better Therapies***. Masur Auditorium, Clinical Center, Building 10, National Institutes of Health, Bethesda; 7:00 - 8:00 p.m. Lectures are free to the public. Sponsored by the NIH Clinical Center. Phone 301-496-2563 for more information. *Continued on page 6*

Upcoming events -- Continued from page 5

Thursday, October 25 — *Workshop: Insights Forum: A Cry Unheard: The Medical Consequences of Loneliness*, University of Maryland School of Social Work; 8:30 a.m. - 12:15 p.m. \$60, approved for three Category I continuing education credits. Phone 410-706-1839 for more information.

Thursday and Friday, October 25 - 26 — *Conference: 4th Annual 2001 Maryland Rural Summit*, Rocky Gap, Maryland. Sponsored by the DHMH Office of Primary Care - Rural Health, the Maryland Rural Health Association and the FORVM for Rural Maryland. Phone 410-767-5942 for more information.

Tuesday, October 30 — *Lecture: The Influenza Viruses and their Vaccines*. Masur Auditorium, Clinical Center, Building 10, National Institutes of Health, Bethesda; 7:00 - 8:00 p.m. Lectures are free to the public. Sponsored by the NIH Clinical Center. Phone 301-496-2563 for more information.



Dr. Claudia Baquet (left), of the Maryland Commission on Infant Mortality Prevention, joins Dr. Benjamin, Lt. Governor Townsend and Bonnie Kirkland, from the Governor's Office on Children, Youth and Families, at a July press event announcing the lowest infant mortality rate ever in Maryland.

Governor's Awards and Recognition Conference

Governor Glendening's **Annual Awards and Employee Recognition Training Conference** will be held on Tuesday, November 20, 2001 at the Baltimore Convention Center from 8:00 a.m. to 4:00 p.m. This popular annual event for State employees features excellent speakers, workshops, lunch, numerous helpful information booths, a health fair, presentation of the Exceptional Employees Achievement Awards, and more. If you have not received registration information yet, inquire within your administration or contact Lisa MacFarlane at 410-767-5753.

Identi-Kid

October is National Crime Prevention Month. Department of General Services (DGS) Police will be participating by arranging various crime prevention information and/or displays in some of the State office buildings.

This year, we will begin a new program that will be offered to all State employees' children. The **"DGSP Identi-Kid"** will kick-off on October 5 at the Crime Prevention Office located in the lobby of the O'Connor Building.

Although Identi-Kid is not new, it remains a valuable project that could possibly save the life of a child. Each individual child will be fingerprinted by DGS Police and the parent will take the card home, add valuable information, and store it in a safe place. The significance of the fingerprints is so that they may be passed on to any local law enforcement agency in the event a child is missing.

Identi-Kid sessions will be held in the DGS Crime Prevention Office in the O'Connor Building on **October 5, 12, 15, 22 and 31**. Please contact Detective Rosenthal at 410-767-4363 for more information.



STATE OF MARYLAND
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*A publication of the Maryland
Department of Health and Mental
Hygiene, Office of Public Relations*

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